Household Commodity Fact Sheet





ORANGES, FRESH

Date: April 2009 Code: F530-F534

PRODUCT DESCRIPTION

- Oranges are U.S. No. 1 or better fresh, whole fruit.
- Oranges may be Naval, Valencia, Pineapple, or Hamlin varieties.

PACK/YIELD

- F530: 5 pound bag (about 30 oranges per bag)
- F532: 1 pound bag (about 6 oranges per bag)
- F533: 2 pound bag (about 12 oranges per bag)
- F534: 3 pound bag (about 18 oranges per bag)

STORAGE

- Whole oranges are best stored in the refrigerator.
- Cut fruit or orange sections should be stored in a container not made from metal in the refrigerator.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
 - http://www.fns.usda.gov/fdd/facts/biubguidance.htm

USES AND TIPS

- Fresh oranges are a great snack or dessert.
 Just peel, separate into sections, and enjoy.
- Orange sections are a wonderful addition to salads, stuffing, rice dishes, and mixed fruit dishes.
- Slice oranges and add them to beverages.

NUTRITION INFORMATION

- 1 medium orange counts as 1 cup in the MyPyramid.gov Fruit Group. For a 2,000calorie diet, the daily recommended about 2 cups of fruit.
- 1 medium orange provides more than a day's vitamin C needs.

FOOD SAFETY INFORMATION

 Rinse oranges in cool water and pat dry before peeling and eating.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS						
Serving size: 1 medium orange, peeled (128g)						
Amount Per Serving						
Calories 60 Calor	ies from Fat 0					
% Daily Value*						
Total Fat 0g	0%					
Saturated Fat 0g	0%					
Trans Fat 0g						
Cholesterol 0mg	0%					
Sodium 0mg	0%					
Total Carbohydrate 15g	5%					
Dietary Fiber 3g	12%					
Sugars 12g						
Protein 1g						
Vitamin A 6%	Vitamin C 120%					
Calcium 6%	Iron 0%					
*Percent Daily Values are based on a 2,000 calorie diet.						

CARIBBEAN BEAN SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- 4 cups romaine lettuce, chopped
- 1/4 cup red onion, chopped
- 1 cup canned black beans, drained and rinsed
- 1 orange, peeled and chopped
- 1 tomato, chopped
- 1 tablespoon vegetable oil
- 3 tablespoon red wine vinegar (if you like)
- 1 teaspoon dried oregano (if you like)
- Black pepper to taste

Directions

- 1. Toss all ingredients together in large salad bowl. If using red wine vinegar and oregano, add that too.
- 2. Serve right away or refrigerate up to one hour and then serve.

Nutrition Information for 1 serving of Caribbean Bean Salad									
Calories	120	Cholesterol	0 mg	Sugar	6 g	Vitamin C	40 mg		
Calories from Fat	30	Sodium	70 mg	Protein	5 g	Calcium	64 mg		
Total Fat	3 g	Total Carbohydrate 18 g		Vitamin A	155 RAE	Iron	2 mg		
Saturated Fat	1 g	Dietary Fiber	7 g				9		

Recipe adapted from SNAP-ED Connection Recipe Finder, http://recipefinder.nal.usda.gov.

EASY FRUIT SALAD

MAKES ABOUT 7 SERVINGS

Ingredients

- 1 can (about 16 ounces) fruit cocktail or mixed fruit, drained
- 2 bananas, peeled and sliced
- 2 oranges, peeled and chopped
- 2 apples, peeled, center removed, and chopped
- 1 container (about 8 ounces) low-fat piña colada or lemon flavored yogurt

Directions

- 1. Mix fruit in a large bowl.
- 2. Add yogurt and mix well.
- 3. Serve right away or refrigerate for one hour and then serve.

Nutrition Information for 1 serving (1 cup) of Easy Fruit Salad									
Calories	120	Cholesterol	0 mg	Sugar	24 g	Vitamin C	26 mg		
Calories from Fat	0	Sodium	20 mg	Protein	2 g	Calcium	80 mg		
Total Fat	0 g	Total Carbohydr	ate 30 g	Vitamin A	20 RAE	Iron	0 mg		
Saturated Fat	0 g	Dietary Fiber	4 g				_		

Recipe adapted from SNAP-ED Connection Recipe Finder, http://recipefinder.nal.usda.gov.